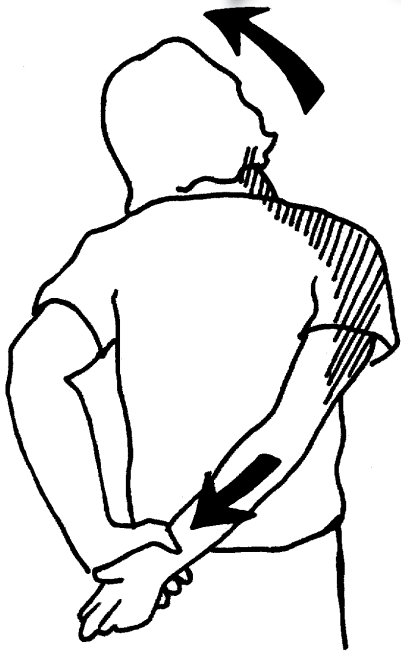


STRETCHING

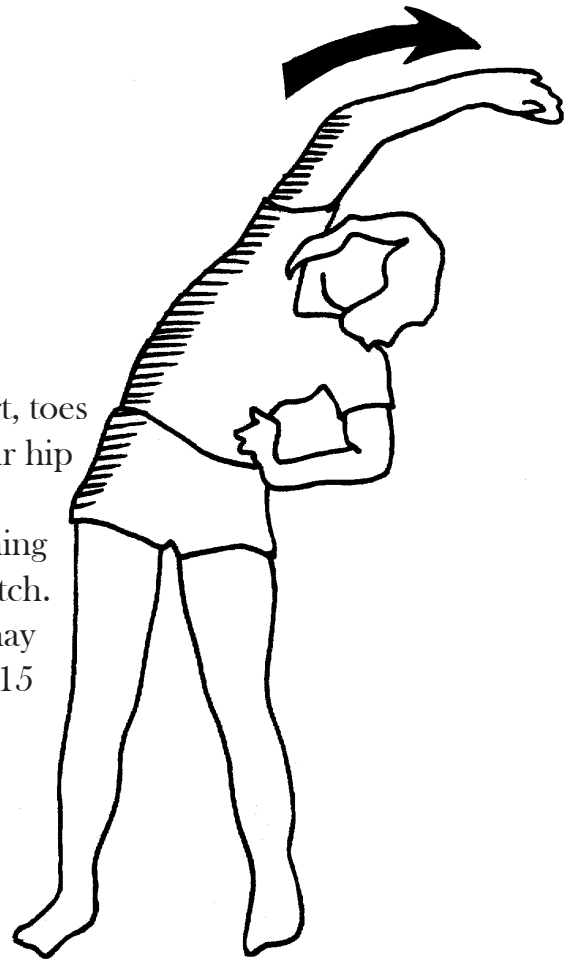


6

To stretch the side of your neck and the top of your shoulder, move your left ear to your left shoulder as your left hand pulls your right arm shown and across, behind your back. Hold for 15 seconds, relax, and repeat on the other side.

7

Stand with your feet about shoulder width apart, toes pointing straight ahead. Place one hand on your hip and extend your other arm up over your head. Slightly bend at the waist to the side while pushing your hand up to the ceiling until you feel a stretch. Do not bend too far over at the waist since it may be harmful to your spine. Hold the stretch for 15 seconds, relax, and repeat.



8

Stand with your feet shoulder width apart, keeping your lower back straight. Slowly bend at the hips and place your hands on a chair, step, etc. You will feel a stretch in the back of your legs. Hold the stretch for 15 seconds, relax, and repeat.

